

Wyoming On Wellness

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"Commit to Your Health"

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What are "normal" vital signs...

Taking a pulse (heart rate)

Your pulse is the rate at which your heart beats. The usual resting pulse for an adult is 60 to 100 beats per minute. Certain illnesses can cause your pulse to change, so it is helpful to know what your resting pulse is when you are well. To find your resting pulse, count your pulse after you have been sitting or resting quietly for at least 10 minutes.

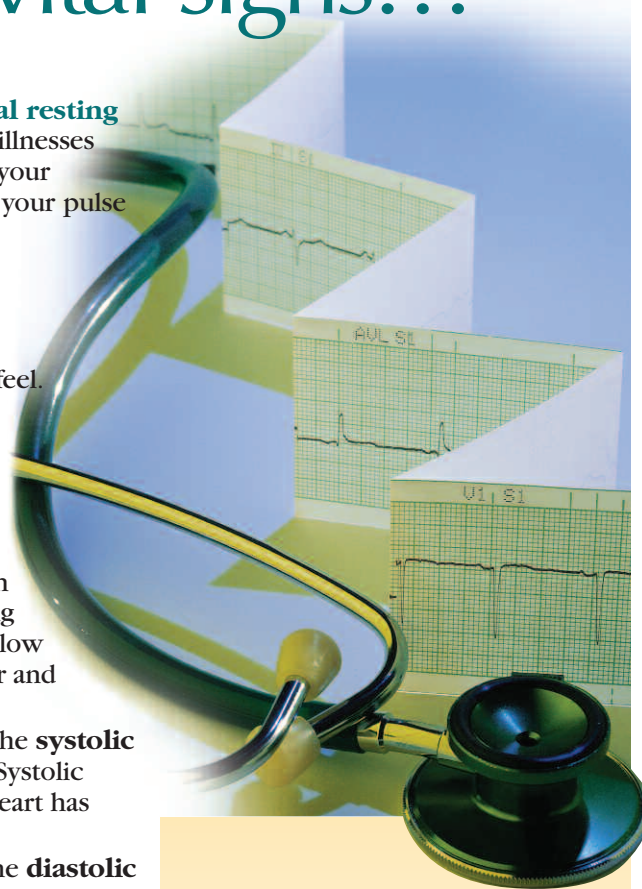
You can easily check your pulse on the inside of your wrist, below your thumb.

- Gently place 2 fingers of your other hand on this artery.
- Do not use your thumb because it has its own pulse that you may feel.
- Count the beats for 30 seconds; then double the result to get the number of beats per minute.

Blood pressure

Blood pressure is the force of blood inside an artery. Blood pressure is measured by temporarily stopping the flow of blood in an artery, usually by wrapping a cuff around the upper arm and pumping air into the cuff. As the air is released from the cuff, blood begins to flow through the artery again. Blood pressure readings consist of an upper and lower number (such as 120 over 90 or 120/90).

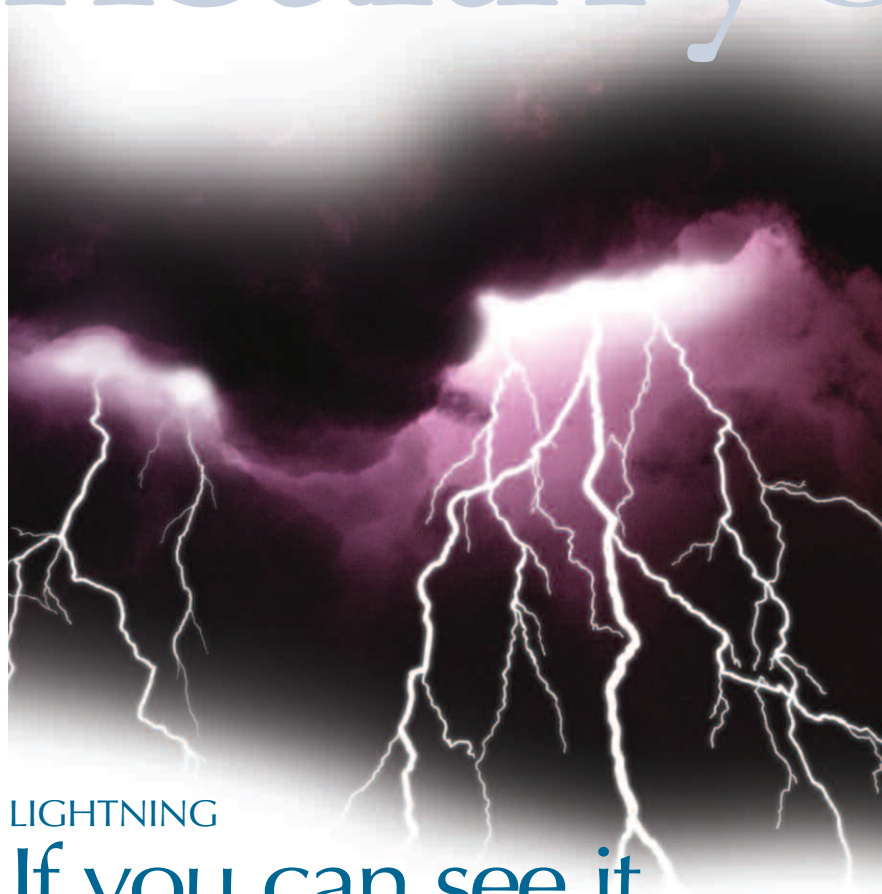
- The reading on the gauge when blood flow is first heard is called the **systolic** pressure. It is the first or upper number in a blood pressure reading. Systolic pressure is the pressure of blood against the artery walls when the heart has just finished contracting or pumping.
- The reading on the gauge when blood flow is no longer heard is the **diastolic** pressure. It is the second or lower number in a blood pressure reading. Diastolic pressure is the pressure of blood against the artery walls between heartbeats, when the heart is relaxed and filling with blood.
- Blood pressure readings usually increase as a person ages and with a variety of medical conditions.
- **Optimal range:** Less than or equal to 120/80
- **Pre-hypertension (increased risk):** 120/80 - 139/89
- **High Blood Pressure:** 140/90 or higher



Inside this issue

health yourself	2
fitness	3
news you can use	4 & 5
eating well	6
stress less	7

health yourself



LIGHTNING

If you can see it,
flee it. If you can
hear it, clear it.

Seek cover as soon as you hear thunder when you're swimming, playing golf, or doing anything outside. Lightning can travel long distances and strike even if you don't see the storm.

The safest place to be during a storm is inside a building. A hard-topped car or truck (not a convertible) is the second safest. If you're in a building, do not watch the storm from a patio or deck, and stay at least 8 feet or more away from a window.

If you're unable to get to shelter, squatting under a small shrub or bush may provide some protection. If you're in a group of people, spread out at least 20 feet from each other. Avoid standing under tall, isolated trees.

If you get caught in a small boat, try to anchor and then get as low in the boat as possible. If the boat has a cabin, stay in the cabin, keep away from metal, and stay off the radio unless it's an emergency. Don't go out in a small boat if thunderstorms are forecast.

Source: National Weather Service

2

July Health Observances

UV safety for your eyes

Protect your eyes (and your children's or grandchildren's) from the risk of cataracts by wearing sunglasses and a wide-brimmed hat whenever you're outside.

Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays. UV protection comes from chemicals added to the lens, and is not dependent on the darkness or style of the sunglasses. Many \$10 sunglasses provide equal or greater protection than the more expensive ones.

Source: American Academy of Ophthalmology, www.aao.org

FAMILY HISTORY

Cholesterol and early heart attacks

People with a family history of extremely high cholesterol (hypercholesterolemia) have an inherited gene that causes cholesterol to build up in their blood vessels. Men with this condition generally have heart attacks in their early 40s and 50s, and 85% have had a heart attack by age 60. For women, heart attacks tend to occur in their 50s or 60s.

Talk to your doctor if you have a family history of early heart attacks. Early screening tests and treatment can help prevent heart disease. Eating less saturated fat and cholesterol, maintaining a healthy body weight, regular exercise, limiting alcohol, and taking cholesterol-lowering drugs can also help.

Learn about how to research your family history for high cholesterol and other inherited conditions by visiting the Surgeon General's Family History initiative at www.cdc.gov/genomics/public/famhistMain.htm.

fitness

FIT LIKE A KID AGAIN

Schoolyard games

Gather a group for a game of kickball at a local park.

Kickball includes three bases and a pitcher who rolls a large, bouncy ball to “batters” who kick the ball. It’s scored the same as softball. Three strikes and you’re out, and the team with the most points after a set number of innings wins.

The ball is slow-moving, so beginners can score easily. The World Adult Kickball Association calculates that women burn an average of 350 calories per game, while men burn nearly 600.

Other schoolyard games that adults may still enjoy include Four Square, Dodge Ball, and Jump Rope.

Source: World Adult Kickball Association

KEEP YOUR COOL

When it's 110° in the shade

Remember these safety tips when summer temperatures soar:

- **Drink plenty of fluids throughout the day instead of waiting until you're thirsty.** If you're working or exercising in the heat, remember to drink a glass of water at least once an hour.
- **Limit liquids with caffeine, alcohol, or lots of sugar.**
- **Exercise during the cooler parts of the day,** like early morning.
- **Gradually get your body acclimated to hot-weather workouts,** especially if you are just beginning an exercise program or are coming back after a layoff.
- **Wear loose-fitting, light-colored clothing** made from fabrics (not 100% cotton) that will “wick” perspiration away from your body and dry quickly.
- **Avoid intense outdoor activity** when the temperature is above 90°F and the humidity is higher than 70%.
- **Extreme heat kills more people than hurricanes, tornadoes, floods, earthquakes, and cold combined.** Infants and people over 65 years old are at the highest risk for heat-related illness or injury.

Sources: University of Pittsburgh Medical Center; U.S. Centers for Disease Control and Prevention

FOR JOGGERS,
WALKERS, AND BIKERS

What to do when you think a dog might attack

If you're threatened by an unfamiliar dog, don't scream or yell. Stop moving and keep still. Avoid any sudden movements, and don't make eye contact with the dog.

Once the dog loses interest in you, slowly back away until the dog loses sight of you.

If the dog does attack, try to “feed” it or put something between you and the dog, such as a hat, your jacket, your bicycle, or an open umbrella, if you're carrying one. If you fall down or are knocked over, curl up into a ball and put your hands over your ears.

Most dogs are friendly, but before you pet a strange dog, offer your hand in the form of a fist and let the dog sniff your hand first.

Source: The Humane Society



health news

Doc Talk

Mental illness: a treatable condition

Mental health issues can be a challenge for physicians to recognize. Unfortunately there is no simple test to identify mental illness. As physicians we also have to rule out possible physical causes before focusing exclusively on mental illness.

For example, a patient with panic disorder can have symptoms resembling a heart attack — chest pain, shortness of breath, sweating. Seeing a patient for the first time with these symptoms, a physician first must make sure it isn't heart disease. Once heart disease has been eliminated, it is important to diagnose panic disorder and treat it appropriately. Otherwise, a patient can visit the emergency room multiple times with repeated medical workups and no relief of symptoms.

What can you do to help avoid this situation?

1. Establish a medical home with a primary care physician who can get to know your history and personality.
2. Tell your doctor if you feel sad, tired, restless, or irritable; have trouble sleeping, eating, or concentrating; have lost interest in sex or other activities you used to enjoy; feel inadequate or guilty.
3. When physical causes for your symptoms are difficult to find, ask your doctor if there may be a mental health-related explanation.

By considering mental illness as a legitimate and treatable condition, we might prevent a lot of unnecessary suffering and pain.

William J. Mayer, MD, MPH
Medical Editor

last year's sunscreen

Even though it's good up to the expiration date, if you still have last year's bottle or tube of sunscreen, you're probably not using enough.

Generously lather on at least an ounce of sunscreen with an SPF of 15 or higher whenever you plan to be in the sun for more than 20 minutes. Reapply every two hours or immediately after swimming or strenuous activity.

Source: American Academy of Dermatology

two for one

Stair climbing is an activity that will improve endurance and strengthen leg muscles at the same time.

A simple way to measure your progress is to time yourself as you walk up a flight of at least 10 steps. Record your time. After a month or so of regular stair climbing most days of the week, time yourself again on the same stairs. It should take you less time.

Source: Fitness Over Fifty: The National Institute on Aging Exercise Guide

pill splitting

Pill splitting may help you save money on prescriptions.

If you take a daily medication, research your health plan's prescription coverage and talk to your doctor. Some medications are designed to be split. They can be prescribed at twice the dosage and then cut in half. Many cholesterol-lowering medications are among those that can be split. However, not all medications can be split, so always talk to your doctor or pharmacist first.

Source: University of Michigan

satisfy your sweet tooth

Fruit can satisfy a craving for sweets and is packed with nutrients, not just empty calories.

Instead of a large bowl of strawberry ice cream, try a small serving of vanilla topped with fresh strawberries. "You'll get more fruit, less sugar, and still satisfy your cravings," suggests Cornell University food researcher Dr. Brian Wansink.

A preference for sweets can also help you eat more vegetables. Pick the sweeter ones, such as cherry or grape tomatoes, red peppers, sweet potatoes, sweet corn, and sugar snap peas.

what would Lassie do?

One way to reduce stress is to duplicate the behavior of someone you admire, suggests mind-body medicine pioneer Dr. Bernie Siegel.

His personal role model is Lassie.

"If being stuck in traffic had me stressed out, I'd try to imagine what Lassie would do," explains Siegel. "She'd probably curl up in the back seat and take a nap."

It sounds funny, but it works. Just be sure to pick a role model that's right for you.

"Just 'cause you got the monkey off your back doesn't mean the circus has left town."

— George Carlin

you can use

fad diet alert

Be suspect of any diet that says you must:

- Avoid an entire food group such as carbohydrates or fats.
- Take pills or supplements to make the diet work.
- Eat certain foods because they'll "cure" or "prevent" a disease.
- Eat only foods at certain times or in specific combinations.

Source: The EatingWell Diet, by Dr. Jean Harvey-Berino, PhD, RD, University of Vermont

trying to do it all?

Be gentle with yourself if you are working, taking care of a family, and trying to care for an aged or ill adult.

Set priorities, let go of less important commitments when possible, and directly ask for the help of family members, including children. Distant relatives may be able to help by making regular phone "visits," paying bills, or researching local agencies by phone.

You can also research support services in your area at www.elder.care.gov.

Taking care of yourself first will also allow you to take better care of your loved one.

Smart Living

Clearing the clutter in your house, like stacks of papers, magazines, and things you don't use, will make cleaning easier.

cyber safety

Lower the chances that your computer will be infected with spyware — software that is installed without your consent and monitors your computer use — by downloading only software from sites you know and trust. Free software programs may change the functioning of your computer as well as bundle other software, including spyware.

When pop-up ads appear, don't open them. If you do, you may install spyware.

Source: Federal Trade Commission, www.OnGuardOnline.gov

teaching kids to call 911

Always say "nine-one-one," not "nine-eleven." Kids need to know to push the one key twice because there is no eleven key. (If you program 911 into the speed dial, they only need to push one button.)

Make sure children also understand what constitutes an emergency, such as a fire in the house, someone trying to break in, or a person who is unconscious. Skinned knees, stolen bicycles, and sick or lost pets are not emergencies.

Source: San Diego Police Department

step counting

Increase the number of steps you take by asking your colleagues to take a walk during informal meetings. You can also use the farthest-away restroom and climb a few flights of steps during breaks. Even standing up and pacing while talking on the phone helps.

Workers in sedentary jobs (secretaries, lawyers, teachers) average between 4,000 and 5,000 steps per day. That's only half of the recommended 10,000.

Mail carriers have the most active jobs, averaging 18,904 steps daily. Next in line: restaurant servers (10,087); factory workers (9,892); construction workers (9,646); and nurses (8,648).

Source: American Council on Exercise

“There are three ways a man can wear his hair; parted, unparted, or departed.”

— Unknown

The information in this publication is meant to complement the advice of your health-care providers, *not* to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

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eating well

ANY WAY YOU SLICE IT...

Melons = nutrition and flavor

WATERMELON

- **High in the cancer-fighter lycopene** as well as vitamins C and A.
- **80 calories per two-cup serving.**
- **High water content (92%) helps keep you hydrated.**
- **A good melon should be heavy** for its size. Look for a yellowish ground spot where it sat while it ripened in the sun.
- **To preserve nutrients, flavor, and texture before slicing,** store at approximately 70°F, not in the refrigerator.
- **The new, pint-sized mini-melons** are equal in nutritional value to the larger ones and are perfect for singles or small families.

CANTALOUPE

- **One cup cubed has only 56 calories** and contains more than 100% of the daily recommendations for vitamin C and vitamin A, a nutrient that helps maintain night vision.
- **A ripe cantaloupe will have a mild fragrance, and the lines on the rind should be yellow or cream-colored.** If they're still green, the cantaloupe is not ripe.

Thump it with the palm of your hand and listen for a hollow sound.

- **Sliced melons will retain most of their food value** for four or five days when stored in the refrigerator.

Sources: *The World's Healthiest Foods*, www.whfoods.com; U.S. Department of Agriculture

Food safety

Wash melons in water before slicing. Take care to use clean knives and cutting boards, and avoid using cutting boards that are used to prepare raw meat, chicken, or seafood.

At the market

Try to buy fresh fish on the day it gets delivered to your market, and always smell it to make sure it doesn't have a strong fishy odor. The color should be bright and consistent throughout, and the fish should be moist but not slimy. If you press it with your finger, it should spring back quickly.

Spinach-Stuffed Sole

Fish with a Mediterranean flavor

as needed	nonstick cooking spray
1 tsp.	olive oil
1/2 lb.	fresh mushrooms, sliced
1/2 lb.	fresh spinach, chopped
1/4 tsp.	oregano leaves, crushed
1	clove garlic, minced
1 1/2 lb.	sole fillets or other white fish
2 Tbsp.	sherry
4 oz. (1 c.)	part-skim mozzarella cheese, grated

Preheat oven to 400°F. Spray a 10" x 6" baking dish with nonstick cooking spray. Heat oil in skillet; sauté mushrooms about 3 minutes or until tender. Add spinach and continue cooking about 1 minute or until spinach is barely wilted. Remove from heat; drain liquid into prepared baking dish. Add oregano and garlic to drained, sautéed vegetables; stir to mix ingredients. Divide vegetable mixture evenly among fillets, placing filling in center of each fillet. Roll fillet around mixture and place seam-side down in prepared baking dish. Sprinkle with sherry, then grated mozzarella cheese. Bake 15 - 20 minutes or until fish flakes easily. Lift out with a slotted spoon.

Serves 4. Serving size: 1 fillet roll. Per serving: 262 calories, 8 g total fat, 4 g saturated fat, 312 mg sodium.

Source: National Heart, Lung, and Blood Institute

stress less

GREAT WAYS TO Have a great day

Work like you don't
need the money.

Love like you've
never been hurt.

Dance like nobody's
watching.

Sing like nobody's
listening.

Be surprised, like
you were born
yesterday.

Tell the truth, and
you don't have to
remember anything.

Live like it's
heaven on earth.

Source: Unknown

FEEL LIKE LOSING IT?

Take an "I am worth it moment"

Whenver you feel strong emotions like anger, frustration, or sadness getting the best of you, take an "I Am Worth It Moment."

Try to use the more logical and less emotional part of your mind instead.

Start by recording the objective facts of what's troubling you.

"Use only facts that would hold up in a court of law," says Duke University researcher Dr. Redford Williams.

- Is this matter important to me?
- Is what I am feeling and/or thinking appropriate to the situation?
- Can this situation be changed in a positive way?
- When I balance my needs and those of others, is taking action worth it?

Honest answers to these questions will help you respond more effectively and reduce the stress in your life, as well as others'.

Source: "In Control: No More Snapping at Your Family, Sulking at Work, Steaming in the Grocery Line, Seething in Meetings, Stuffing Your Frustration," by Dr. Redford Williams and Virginia Williams, PhD, Rodale Press

BLESS THIS MESS

Cut your cleaning time in half

We live in a culture focused on neatness and organization, but being a little messy may actually be good for you.

Super neat people must constantly work at staying in control. Being a little messy, however, allows more flexibility and may make it easier to deal with unexpected events.

"If you're stressed, it may be because you're spending three hours a day trying to be neat and organized," says David H. Freedman, coauthor of *A Perfect Mess: The Hidden Benefits of Disorder*. "Cut that time in half and enjoy the time you free up doing something you've always wanted to do."



wellness

TIA's

"Ministrokes" are major emergencies

TIA's (Transient Ischemic Attacks) are temporary strokes that have the same symptoms of full-blown stroke. They come on suddenly, but can go away within as little as 10 minutes or last up to 24 hours.

Even if the symptoms disappear quickly, it's critical to get medical treatment immediately. People who experience TIAs are at much higher risk for full-blown stroke in the future.

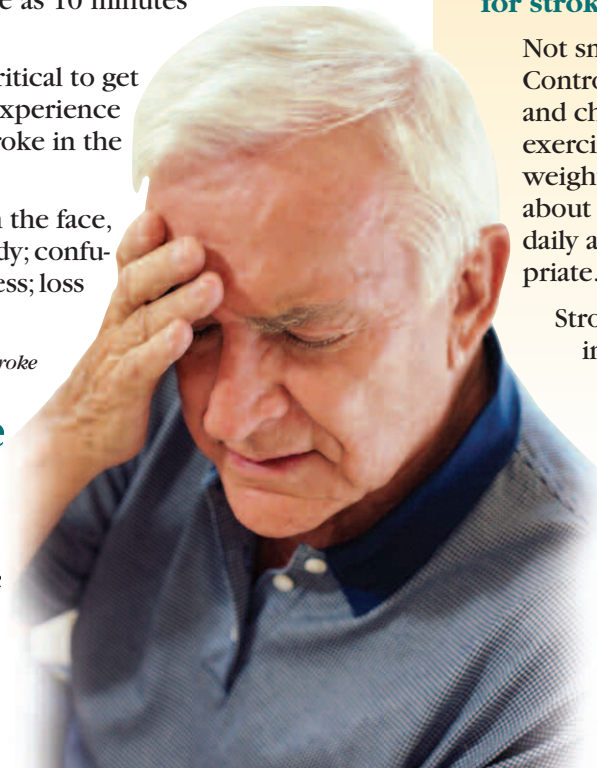
Symptoms of stroke can include: numbness in the face, arms, or legs, especially on one side of the body; confusion; trouble seeing; difficulty walking; dizziness; loss of balance or coordination.

Source: National Institute of Neurological Disorders and Stroke

How to recognize a stroke

1. Ask the individual to smile.
2. Ask him or her to raise both arms.
3. Ask the person to repeat a simple sentence like "It's sunny out today."

If someone has trouble with any of these tasks, call 911 immediately!



PREVENTING "Brain attacks"

The things you can do to prevent heart attacks will also lower your risk for stroke.

Not smoking is number one. Control your blood pressure and cholesterol, get regular exercise, and maintain a healthy weight. Also talk to your doctor about whether or not taking a daily aspirin would be appropriate.

Strokes are like a heart attack in your brain, except that blood clots damage blood vessels in the brain instead of the heart. Long-term damage can include paralysis and the inability to speak and understand language.

Source: The American Stroke Association

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